

Fruit Parfait10

Number of Servings: 10 (359.01 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---------------------------------------|
| 3 3/4 | lb | Yogurt, vanilla, nonfat, light, w/asp |
| 5.00 | cup | Strawberries, fresh, sliced |
| 5.00 | cup | Blueberries, unswtnd, fzn, pkg |
| 2.00 | cup | Cereal, granola, w/o raisins, low fat |
| 9 1/2 | Tbs | Nuts, almonds, slivered |

Nutrients per serving

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size (359g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 280 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 150mg | 6% |
| Total Carbohydrate 50g | 17% |
| Dietary Fiber 6g | 24% |
| Sugars 28g | |
| Protein 9g | |
| Vitamin A 8% | • Vitamin C 90% |
| Calcium 30% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Layer yogurt and fruit alternately into clear glasses (looks nice in clear glass) and refrigerate. Just before serving add 3 T granola and 1 TBSP slivered almonds o the top of each serving.
1 serving = ~1 3/4 cup serving = 3 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.